

CEREBRAL PALSY FOUNDATION'S 2023 ANNUAL

ACCESSIBLE HOLIDAY GIFT GUIDE



A GUIDE FOR ALL AGES!

OUTDOOR, BEAUTY, TOYS & MORE

**FEATURING TOP PICKS FROM
THERAPISTS AND INFLUENCERS**

BROUGHT TO YOU BY

permobil


**CEREBRAL
PALSY
FOUNDATION**

WWW.YOURCPF.ORG

HAPPY, HAPPY HOLIDAYS!

If you are looking for a great gift for someone with cerebral palsy or a related disability, we've got you covered with our 2023 Accessible Holiday Gift Guide. With help from parents of kids with CP, partners of people with CP, physicians, therapists, and of course individuals with CP, we've spent months picking out special gifts at a variety of price points for all ages and stages! Let our Accessible Gift Guide do the work for you, now with the links to buy each gift directly and with discount codes for many products!

Life with a disability can mean doing things a bit differently and finding creative solutions to everyday challenges. Sometimes, the best gift for a person with a disability is a useful one — something to make dressing, cooking or operating the electronics easier, but we also want to surprise and delight our loved ones and family members with things that are purely fun. Who needs a partridge in a pear tree when you can give one of these great gifts!

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the importance of on-time mobility

PERMOBIL EXPLORER MINI

A young child's ability to explore their environment ushers in a cascading array of cognitive, social, emotional and spatial skills that concurrently provide tremendous opportunities for growth. If the typical developmental sequence is altered, the ability for a young child to change their environment, control the objects they want, and forage into spaces is halted. At Permobil we want to help change that with the Explorer Mini.



www.yourcpf.org

EARLY INTERVENTION TOYS & GAMES

Recommended by early intervention therapists!



**Smart Stages
Piggy Bank**



**Preschool Sensory
Light Station**



Oball Classic



Bright Starts Ball



Fat Brain Toys Stacker



Linkimals Learning



CHILDREN

Toys, Tools and Gadgets, Oh My!



Montessori Busy Board

Great For Learning Essential Fine Motor Skills!



Tiny Earth Toys

A Montessori Rental Subscription - Perfect for the parent who doesn't like the clutter!



Whack-a-Mole!



Shape Factory Sorter



Bean Bag Toys



SWITCH-ACTIVATED TOYS

For those who have fun using switch control.



Thunder Tumbler



Dance & Play Elmo and Tango



Spin Globe



Gesture Sensor Remote Control Car



Mother Goose Switch Adaptive Story Goose



TOYS FOR SELECTIVE MOTOR CONTROL

Recommended by early intervention physical therapists!

“Children with CP often flex and extend the hip and knee simultaneously during movement. Selective motor control is developed during kicking as hip flexion and knee extension occur together to create an effective kick.”

-Eileen Fowler, PT, PHD



V-Tech Bright Lights Soccer Ball



B-Ball Sensory Light Up Ball



Shake Me Soft Ball



Gertie Ball Four Pack



V-Tech Smart Shots Sports Center



CHILDREN

Recreation and Fun for the little ones

“The skill of jumping works on strengthening and endurance and balance, and the skills needed to be an independent community ambulator who can go up and downstairs without a railing.”
- Ginny Paleg, PT, MPT, DScPT



Tubagau Sensory Swing



Toddler Jumper Harness



Amazing Trampoline!



Rody and his Unicorn Friend



CHILDREN

Recreation and Fun for everyone!



Ball Pit



Platform Swing



Paddle Ball Set



Relax Sling



CHILDREN

Indoor Recreation and Fun for the little ones

“Sit to stand is important and a predictor for GMFCS level. More importantly these types of climbing and active toys cover a lot of F-words like fun- family- fitness.”
- Wendy Alitzer, PT, ATP



Montessori Climb-Ons



“For babies as young as 12 months who aren’t yet independent crawlers, ride on toys are a great way for them to explore their world. It’s never too late...they have been shown to improve cognition, language and participation...but most importantly, they are fun”
- Ginny Paleg, PT, MPT, DScPT



Twin Ride On



Tobbi Ride On



TOTS, TODDLERS AND BIG KIDS

Toys, Tools and Gadgets, Oh My!



Therapist Recommended!
Floor Sitter



Answer Buzzers
Get Your Point Across!



Hot Potato!
Easy to hold...fun to toss!



Test Your Memory Skills with this
Fine Motor Friendly Game!



SENSORY

Toys, tools and gadgets, oh my!



**Sensory Therapy
Subscription Box**



Whirly Squigz



Squigz Deluxe Set



Different Chewelry Options! Great for oral motor sensory input.



SENSORY

Sensory toys, tools and gadgets, oh my!



Spiky Bracelet



Z-Vibe Oral Motor Tool



Talk Tools Jiggler



Tangle Toys



**Neurologist Recommended
Vision Cards**





Girl's Adaptive Tulle Dress



Women's Puffer Jacket



Men's Adaptive T-Shirt



Boy's Fleece Mockneck



QVC Isaac Mizrahi Live! x Selma Blair



Teal Leather Jacket



Pull On Pant



Magnetic Button Down



Use code CPZIP20
for 20% off the entire line!

Be Free Adaptive Clothing



Heavyweight Youth Track Pant



Youth Light Track Pant



Adult Heavyweight Track Pant



Slick Chicks Adaptive



Accessible Crew Neck



**Zipper Accessible
Joggers**



Accessible Hoodie



Accessible Crop Top



Tommy Hilfiger Adaptive



Tommy Packable Jacket



Classic Men's Cardigan



Classic Women's Cardigan



Denim on denim on denim!



Spanx Jeans

Recommended by CPF Ambassador Cathryn Gray, these Spanx jeans have no zippers or buttons, and are extremely comfortable.



Levi's Ribcage Straight

CPF staff member Ashley Harris Whaley often gets asked, "where did you get your jeans?" Levi's Ribcage Straight is probably the answer - since she has three pairs! Next on the list? This warm chocolate brown perfect for the holiday season.



One Leg Up

One leg up full zip jeans offer perfect, accessible styles for both girls and boys.

Use code HHCP25 for 25% off the entire line!



Use code CPF15
for 15% off the entire
LIBERARE line!

Adaptive bras, underwear, & intimates.

Having cerebral palsy can mean challenges finding well-fitting, quality undergarments that look good, feel good, and make you feel good about yourself. Here are some offerings from companies at the forefront of adaptive intimates. We hope you find some you'll like!



SlickChicks

Front-fastening bra
with velcro.



SlickChicks

High waist
underwear.



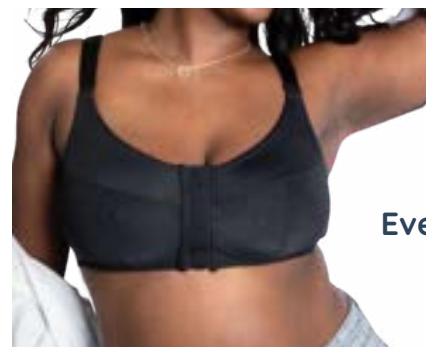
Victoria's Secret

Bra and underwear
from the
new VS adaptive line.



Liberare

Everyday bikini
underwear.



Liberare

Everyday easy-on bra.



Put Your Best Foot Forward in Adaptive Footwear

Having cerebral palsy can mean challenges finding well-fitting shoes that can fit over AFO's or work with various types of feet at all ages. A new pair of holiday shoes that fit may be just the ticket! Here are some of our favorites for all ages.



Zeba Shoes

Handsfree options for men and women!



Billy Footwear

Stylish shoes that zip around your AFOs!



Steve Madden

Great adaptive options for kids!



Ugg

The iconic boot with a zipper!



Sorel Adaptive

Tons of options that are easy on & off!



Kizik Shoes

A variety of stylish, handsfree sneakers!



Put Your Best Foot Forward in Adaptive Footwear



The Friendly Shoe

The CP friendly shoe for everyone of all abilities! Use code CPFriendly for 25% off!



AFO Assist

Use this handy tool to put on and take off your AFOs, shoes, and socks, independently!



PLAYSPARK

Celebrate Differences



@play_spark

Uplifting apparel designs and resources inspired by acceptance and inclusion for all. Created by Kylie (an OT) and Serena (an SLP).

Use code ALLISBRIGHT for the black friday sale!



Say goodbye to awkward stretches and missed spots with this lotion applicator is ingeniously designed to seamlessly apply allowing for easy application on the back and other hard-to-reach areas without any bending or discomfort.



Slick Solutions Lotion Applicator



Rare Beauty Foundation



Inner Beauty Lipstick

With magnetic closures.



Glossier Body Hero Exfoliating Bar



Guide Beauty Collection

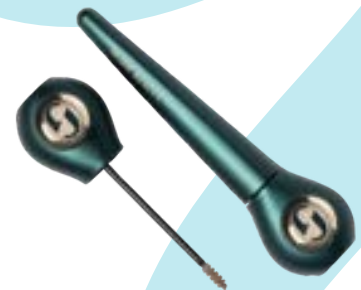
Designed for those who have difficulty with dexterity.



Eyeliner Duo



Accessible Mascara



Accessible Brow Liner



Recommended hair & beauty products!



Straightening your hair when you have hand weakness is difficult! We found the Brush Crush by Drybar and it makes straightening and styling hair a whole lot easier. The cute packaging makes this a great holiday gift.

Drybar Heated Brush



Manta Hair Brush



Dyson offers a pricier, but very popular option of one-handed styling!

Dyson Hair Wrap



Simple Human Sensor Mirror



Poppy Nail Polish Handle



Sensor Soap Pump



GIFT PICKS!



@realchelseabear

Chelsea is an influencer and digital content creator sharing cerebral palsy through her lens! These are products she uses and loves.



CURAPROX Samba

A robotic toothbrush for people with disabilities that cleans teeth easily, with no hand movement required!



One+Other Self Care Set

A self care set full of easy-to-use adaptive tools!



Reebok Nanoflex Parafit TR Unisex



Stylish sneakers with an easy-on, easy-off zip closure that Chelsea wears!



NEW PARENTS

Essentials for hospital & NICU stays.



The Original Hugaboo

Supported seating recommended by neurologist Dr. Betsy Ostrander.



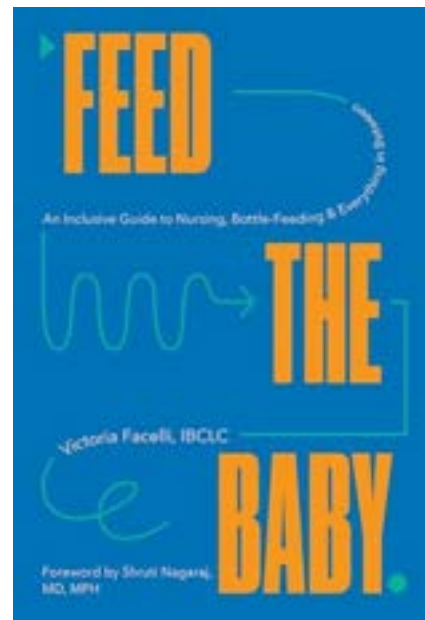
Feed The Baby

A new release written by a parent of a child with CP and a lactation consultant. A book on newborn feeding that focuses on the milks and the methods, for all families.



NICU Essentials Bundle

It's easy & affordable to get the three most important products every NICU parent deserves to make the NICU experience easier, calmer, and more joyful. Includes: NICU Journey Journal, NICU Milestone Cards, NICU Art Cards, NICU Keepsake Box.



NEW PARENTS

Essentials for hospital & NICU stays.



Magnetic Power Bank

Great to have for hospital stays, doctor's appointments, travel, or any other time you're on the go!



Bokee

First one-handed bottle prep accessory, designed by parents, to keep milk from spilling.



Parker Baby Diaper Caddy

Use this lightweight, portable caddy to stash your essential items like diapers, wipes, outfits, gas drops, you name it! Perfect for using at home or in the NICU.





[@disabilityreframed](#)

I became a new mom this year! These are my must have products that have made a big difference for me and my little babe!

Ashley Harris Whaley's

GIFT PICKS!



Baby Shusher

This thing is a lifesaver! It mimics the sounds baby hears in the womb, and is very soothing. Perfect for those first few nights in the hospital, and after everyone is settle in at home. I buy one for any friend who is having a baby! My daughter still loves hers.

Larken X Bra

My favorite! This doubles as both a nursing bra, and a handsfree pumping bra. It's comfortable and sleek enough to wear as a bra, or as a workout top.



PackIT Bottle Bag

A cooler bag with ice packs built in! It fits 2-3 bottles depending on the type, can attach easily to the stroller handle, and is perfect for when we're on the go!



Nuna Trvl

I did so much research on strollers and carseats! From a balance and mobility standpoint, finding the right products to make my life easier was so important. This one is super lightweight and has a one-handed fold & carry.



UPPAbaby Playard

Also so much research went into this choice! It's lightweight, it has wheels to move from room to room, and unzips from the side so it's easier to lift baby out!





Active Hands

10% off with CPF2023 valid 12/31

Don't let limited dexterity stop you from breaking a sweat! With an active hands Gym Pack Deluxe, you can get a grip on any free weight, pull up bar, rowing machine, pulley machine and more...the only thing stopping you now, is you!



Add Some Weight!

Add weight and proprioception to your workouts in an evenly distributed way!



Be a Pilates Pro



Wrap'em Up

Get a little bit of resistance, a little bit of proprioception, a lot of comfort with these easy to wear, and easy to fit wrist weights.



Gifts for the workout fan!



Get high tech for deep relaxation with

Theragun Sense and Theracups



Naboso Neuroball Foot Massager



Therabands



Cupping Set



My Happy Feet



Acupressure Mat



10% off all Hydro-fit Products with CPF2023 code applied at checkout

Work, work, work it out!

Water Works with HYDRO-FIT!

Take gravity out of the mix and get serious about resistance training, water running or water therapy, with the WET VEST® II and the HYDRO-FIT line aqua fitness products. For individuals with Cerebral Palsy, getting in the water gives you the freedom to move your body and get exercise without the limitations that you may experience with other work outs. These products are designed to be comfortable, keep you warm, and help you stay fit.



FITNESS

This year, get out there and try a new work out, learn a new healthy habit, go on a retreat or just have a super relaxing massage!

Give the gift of wellness!



1

Annual Membership to a gym or fitness or wellness center.



2

Yoga Classes



3

Pilates Reformer Lessons



4

Book a Massage (or several)



5

Hire A Personal Trainer



6

Learn to Meditate



7

Go on a Wellness Retreat





SUPERLITE & ROAMER

REYHEE



Reyhee's Superlite and Roamer are electric foldable wheelchairs made specifically for individuals with disabilities to improve the lives of those impacted by mobility limitations.

The Superlite operates as a foldable electric 3-in-1 mobility device that serves as a power wheelchair, power rollator and manual rollator for ultimate convenience and adaptability.

The Roamer offers a lightweight and long-lasting mobility solution for a transport-friendly and enhanced user experience. The Roamer's foldable footplate, lightweight frame, and lock-enabled flip-back armrests allow the device to be safely transported with ease.



www.yourcpf.org

10% off Hippocampe Products with
HIPPO10OFF

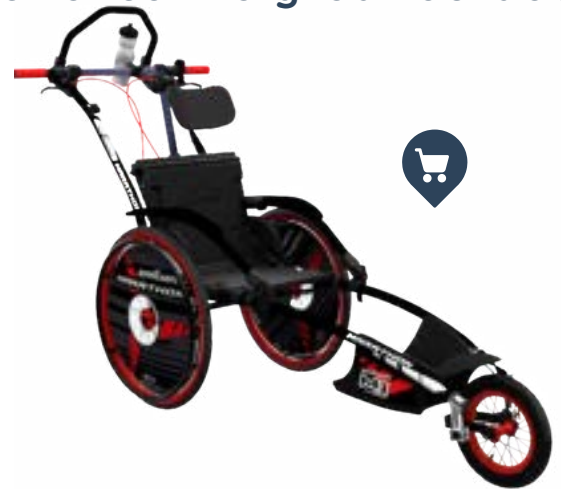
LIFESTYLE



Surf, Sun, & Slopes!

The Hippocampe beach and all terrain wheelchair can get you from the surf to the slopes and everything in between. It floats, it has attachable skis and it can take a beating!

Experience the great outdoors!



NEW Hippocampe Marathon!

Looking for a custom all-terrain running chair!
Hippocampe Gets The Job Done!

Go for a Hike!



Adaptive Backpack

We Carry Kevan - This backpack is designed to safely carry those with disabilities!



Huckleberry Hiking Adaptive

Get out there and explore with this great new cart that makes trails accessible many more!



Need a Change?

This Car Cabana offers a private space for changing when accessibility is lacking!



Experience the great outdoors!



Amtryke

CPF staff Favorite for little ones who need a little more assistance learning to ride a trike!



Frame Runner

Run, walk, get your heart rate up! The frame runner is made for wheelchair users to get up and move!



Van Raam Wheelchair Transport Bike

Take your chair with you!



Serious About the Slopes?

Winter is fun for everyone! Great for cross country ski trails this adapted snow sled features a tubular metal-grip yoke system that provides lateral protection for riders with disabilities and much more!



LIFESTYLE

Experience the great outdoors!



Duet



Rifton Reimagined



Mobo Cruiser!



GIFT PICK!



@smiles_taylor

Miles is an artist and personal trainer with CP. He uses, loves, and recommends the Catrike Trail!



Catrike Trail



XP PEN



Be the artist you always wanted to be!

At the heart of the Trail, there are features and design that makes this Catrike perfect for almost any rider. It is well designed and is thoughtfully equipped with top tier components to deliver worry-free performance. For comfort and portability, the Trail features a well-padded seat mounted to a fully adjustable, foldable frame. The Catrike proprietary hand rests offer adjustable support for long rides while the integrated computer mount and stock rear view mirror ensure you have all the information to be safe and efficient while riding. All these features combine to provide unbeatable performance at an unbeatable price.

GIFT AN EXPERIENCE

Around the country, there are numerous fun and exciting accessible experiences for you to consider. Here's a few to get your adventures started!



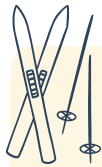
1

Passes to
Morgan's
Wonderland or
Morgans Island



2

Disney World



3

National Abilities
Center in Park
City Utah



4

Adaptive
Adventures in
Durango
Colorado



5

Book a cruise!



6

Hit the beach!



7

Go to camp!



GIFTS FOR THE GAMER

Hand picked by CPF staff!



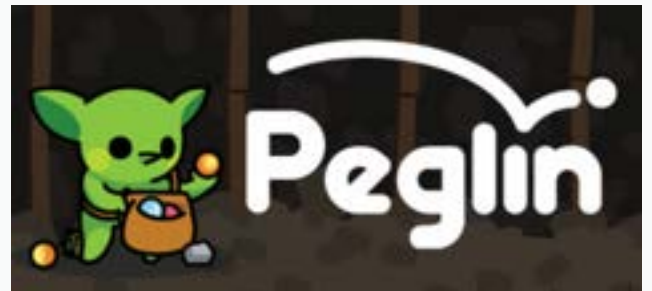
Xbox Adaptive Controller



PlayStation Access Controller



Bug Fables



Peglin



Slay the Spire



Mario Kart 8 Deluxe

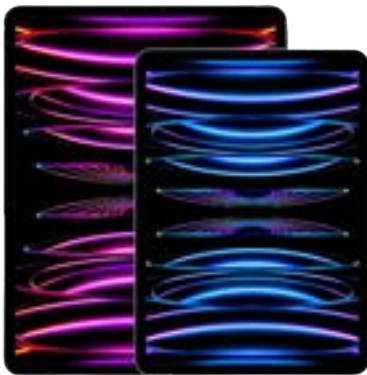
Games Available on Most Major Gaming Platforms

PERSONAL TECHNOLOGY



Bluedio Earphones

Look great and an affordable option for those on a budget.



iPad Pro

With advanced accessible options, tons of apps and multiple accessories, this iPad is all you need for work or play!



Shokz

Bone Conduction headphones and phone speaker. These are a CPF staff favorite because they don't block outside noise and for kids who might not like earphones on their ears, these are a perfect



Echo Show

Great for smart home control and more!



PERSONAL TECHNOLOGY

Smart Watches are getting smarter and more helpful for disabled individuals. From answering a phone call on your wrist to paying at the store it has never been easier, and now they are compatible with wheelchair technology like Smart Drive!

For tech lovers of all ages!



Samsung Galaxy Watch

Apple Watch



Astra Straps

Fitbit

If you have an apple watch, fitbit, or galaxy watch, astra straps offers a nearly handsfree watchband with magnetic closure. Available in silicone and leather options.

Track your heart rate, your sleep statistics, your steps and more with the fitbit.





PERMOBIL SMARTDRIVE

The Ultimate Accessory!

Pushing a manual wheelchair can put stress on the upper body and lead to serious issues in the future. SmartDrive gives you freedom to do more. It moves with you and it's so lightweight, you don't even know it's there. You can spin in place, be in a wheelie, or hop off curbs. Empower your active lifestyle.

SmartDrive offers a range of controls to deliver a seamless power assist experience, providing an opportunity for 80% fewer pushes. SmartDrive was created with manual wheelchair users in mind. The mounting location, the ergonomic handle, the weight, and the OmniWheel were all designed to give manual wheelchair user access to fewer pushes.



These gifts may not be glamorous, but for many they are needed, necessary, and often overlooked. Talk to your DME provider about customization for your loved ones chair or click on the link in the photo below!

WHEELCHAIR USERS

Top 10 accessories!

1



Tablet/phone mount

Stay in touch with a mount for your tablet or phone

2



Replacement Cover

Accidents happen! Replacement covers are a great gift for a busy wheelchair user.

3



Extra Wheelchair Cushion

Cushions wear out before you know it. Keep your loved one comfortable with an extra one on hand!

4



Wheelchair Lap Tray

Wheelchair lap tray or table tray is a must have for many folks!

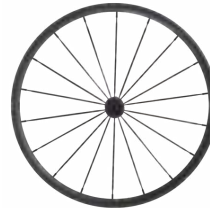
5



USB Charging Station

Don't let your tech die! Install USB charging station right on the chair!

6



New Set of Tires

A new set of tires for either power chairs or manual chairs go a long way! And they are often needed before insurance will cover them.

7



Wheelchair Bags

Keep belongs safe, convenient and carry them in style!

8



Self Leveling Cup Holder

Whether it is for the wheelchair user or the attendant, a cup holder is always a must have!

9



Fun Spoke Guards

Keep little fingers safe and make a statement with these fun spoke guards!

10



Light Up Your Wheels

Be seen and make a statement with light up wheels!

HELPFUL GADGETS & STOCKING STUFFERS



1. Gangster Grip

CPF staff favorite.
Easy to hold and fits a variety of cups.



6. Ikea Plastic Utensil

Lightweight, thick and great for those who need a little extra help with fine motor skills.



2. Softy Straws

We love these big straws! Reusable drinking straws for everyday.



7. Ezpz Feeding

Great developmental feeding system for pre-feeding to 5+ years!



3. Eazy Hold Gripper

These are great for toys, utensils, brushes and more...even for toe loops on wheelchairs!



8. Tumbler Handle

This handle is great because it can hook onto things, keeping your drink in arms reach.



4. Bagnet

Keep your purse or backpack off the ground with this handy gadget!



9. Suction Kupz

Great developmental cups that stay in place



5. Lace Locks

Lace-em and lock-em!
Once these are installed, you are done!
No more tying.



10. Tumbler

We like this tumbler because it has a handle, soft, no-spill straw with 4 positions.

For the young book lovers on your list!

Elementary School

I Am, You Are: Let's Talk About Disability, Visibility, and Empowerment

by Ashley Harris Whaley

A powerful, practical book to help children and adults have meaningful discussions about disability. This book was written to support children, parents, teachers and carers, by explaining what disability is and why it should be celebrated. I Am, You Are is aimed at children aged four and above. Containing explanations on key words and concepts written in child-friendly, accessible language, with relatable examples, this book supports children's understanding in building an anti-ableist stance from an early age. Most importantly, the book empowers and encourages children to embrace individuality; to look out for one another, to be respectful and to celebrate disability as diversity. It is perfect to read at home, and in classrooms, to support your child's life-long learning journey.

You're So Amazing

by James Catchpole

Joe and his friend Simone are practicing their best playground tricks, but everyone keeps saying how amazing Joe is, even when he tries to let Simone be the star. Will he ever get to be just Joe, whether he's amazing or not? This companion to What Happened to You? addresses the assumptions people make about those with disabilities in an accessible, honest, and funny way. Based on James Catchpole's childhood experiences and written with his wife, Lucy, a wheelchair user, You're SO Amazing! encourages young readers to think of disability the way disabled people do: as normal.

You Are Brave

by Dr. Hannah Alazem

Ally loves to read, and she loves to spend time with her dog, Zak. But when her teacher asks her to list some of her other hobbies, she's stumped! Ally decides that it's time to try something new. With Zak at her side, she sets out to find a new hobby. She watches her classmates play basketball, use adapted devices to swim, and even make art in the park. But every time she thinks about joining them, Ally feels a nervous flutter in her chest. You are Brave is a book for every kid who has ever thought, "What if I'm not brave enough?" It's about the courage we find within ourselves, and the wonderful possibilities that open up when we have the confidence to try something new.

Young Adult

The First Thing About You

by Chaz Hayden

A HS student with spinal muscular atrophy is determined to reinvent himself in a hilarious and poignant debut from an exciting new voice. When fifteen-year-old Harris moves with his family from California (home of beautiful-but-inaccessible beaches) to New Jersey (home of some much-hyped pizza and bagels), he's determined to be known as more than just the kid in the powered wheelchair. Armed with his favorite getting-to-know-you question ("What's your favorite color?"), he'll weed out the incompatible people—the greens and the purples, people who are too close to his own blue to make for good friends—and surround himself with outgoing yellows, adventurous oranges, and even thrilling reds. But first things first: he needs to find a new nurse, stat, so that his mom doesn't have to keep accompanying him to school.

For book lovers of any age!

Perspective

We've Got This: Essays By Disabled Parents

Edited by Eliza Hull

How does a father who is blind take his child to the park? How is a mother with dwarfism treated when she walks her child down the street? How do Deaf parents know when their baby cries in the night?

When writer and musician Eliza Hull was pregnant with her first child, like most parents-to-be she was a mix of excited and nervous. But as a person with a disability, there were added complexities. She wondered: Will the pregnancy be too hard? Will people judge me? Will I cope with the demands of parenting? More than 15 percent of people worldwide live with a disability, and many of them are also parents. And yet their stories are rarely shared, their experiences almost never reflected in parenting literature.

In *We've Got This*, parents around the world who identify as Deaf, disabled, or chronically ill discuss the highs and lows of their parenting journeys and reveal that the greatest obstacles lie in other people's attitudes. The result is a moving, revelatory, and empowering anthology that tackles ableism head-on.

Education

Demystifying Disability: What to Know, What to Say, and How to Be an Ally

by Emily Ladau

An approachable guide to being a thoughtful, informed ally to disabled people, with actionable steps for what to say and do (and what not to do) and how you can help make the world a more inclusive place.

Humor

If At Birth You Don't Succeed

by Zach Anner

Comedian Zach Anner opens his frank and devilishly funny book, *If at Birth You Don't Succeed*, with an admission: he botched his own birth. Two months early, underweight and under-prepared for life, he entered the world with cerebral palsy and an uncertain future. So how did this hairless mole-rat of a boy blossom into a viral internet sensation who's hosted two travel shows, impressed Oprah, driven the Mars Rover, and inspired a John Mayer song? Zach lives by the mantra: 'when life gives you wheelchair, make lemonade.' *If at Birth You Don't Succeed* is a hilariously irreverent and heartfelt memoir about finding your passion and your path even when it's paved with epic misadventure.

Insight

The View From Down Here

by Lucy Webster

A powerful, eye-opening insight into navigating the world as a disabled young woman. Women's lives are shaped by sexism and expectations. Disabled people's lives are shaped by ableism and a complete lack of expectations. But what happens when you're subjected to both sets of rules? This powerful, honest, hilarious, and furious memoir from journalist and advocate Lucy Webster looks at life at the intersection: the struggles, the joys, and the unseen realities of being a disabled woman. From navigating the worlds of education and work, dating, and friendship to managing care, contemplating motherhood, and learning to accept your body against a pervasive narrative that it is somehow broken and in need of fixing, Webster shines a light on what it really means to move through the world as a disabled woman.

HAPPY HOLIDAY SEASON!

FROM TEAM CPF!!



**CEREBRAL
PALSY
FOUNDATION**